



PREWORKOUT MEALS

- FUELING YOUR WORKOUT MATTERS -

Eating before a workout can delay fatigue and enable you to exercise at your best! When you don't have fuel in your body, your power, strength, speed, and endurance can suffer.

General rule to follow:

The closer you are to the start of your workout, the smaller and simpler your pre-workout meal should be.

30-60 mins PRIOR

A meal with fast-digesting CARBS:

- 2 slices of toast with jelly/jam
- 1-2 cups of juice (non-concentrated)
- Fruit smoothie
- Fruit, fresh or dried
- Apple sauce
- Cereal, dry or with low-fat milk
- Low-fat yogurt with granola and/or honey
- Low-fat yogurt drink
- Pretzels

1.5-2 hrs PRIOR

A meal with CARBS + PROTEIN:

- Overnight oats/Oatmeal + protein shake
- Cream of wheat/rice + protein shake
- Protein muffins/waffles/pancakes
- Egg white breakfast sandwich (be mindful of fat content)
- Protein smoothie with oats
- 2 slices of toast with peanut butter
- Avocado toast with hardboiled eggs
- 3-4oz of sliced turkey with crackers
- Protein bar

